



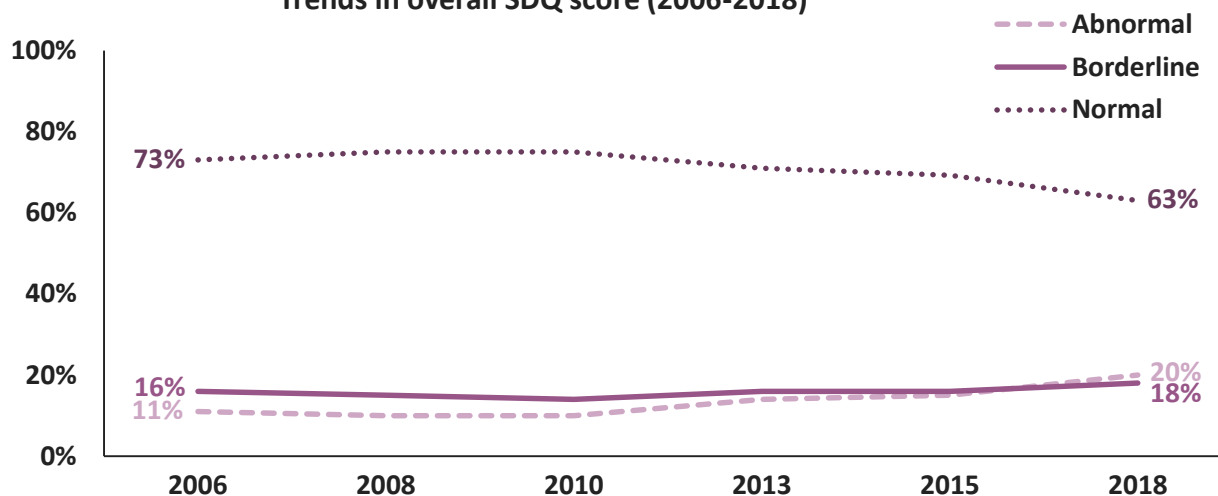
SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2018: Mental Wellbeing Summary Report

KEY LONG TERM TRENDS

Overall Total Difficulties Score

Almost two thirds (63%) of all pupils surveyed had a normal overall score on the Strengths and Difficulties Questionnaire (SDQ), while 18% had a borderline score, and a fifth (20%) had an abnormal score. Since 2010, the proportion of pupils with borderline or abnormal scores has continually risen, while the proportion of pupils with normal scores has fallen.

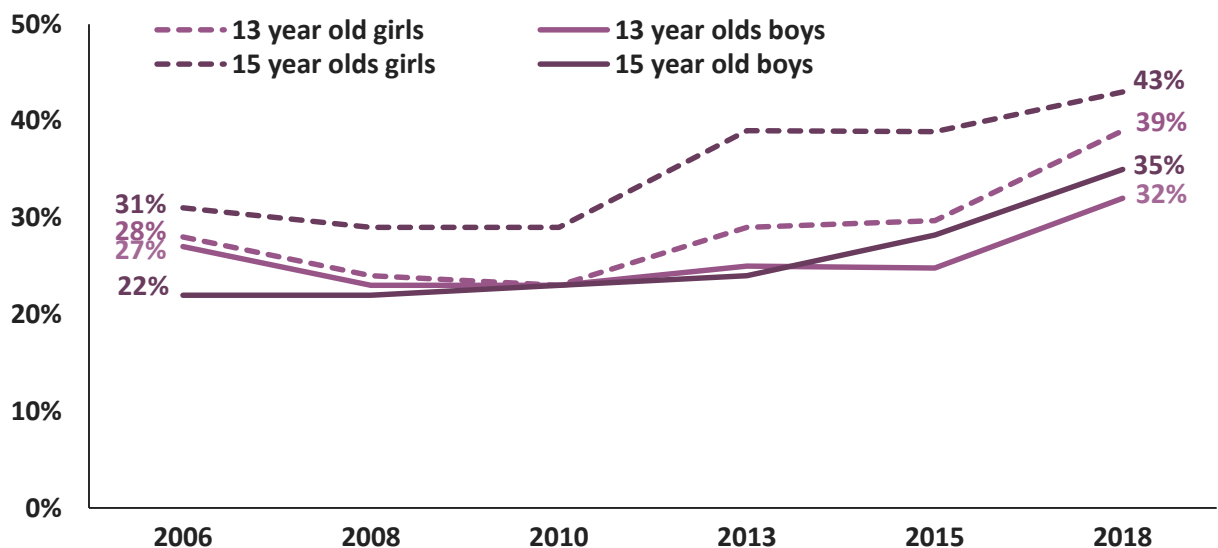
Trends in overall SDQ score (2006-2018)



Total Difficulties Scores by Age and Sex

Consistent with previous years' findings, 15 year old girls were still more likely to have a borderline or abnormal SDQ score than 15 year old boys or 13 year olds. However, the gap between 15 year old girls and the other groups has reduced.

Trends in overall SDQ scores by sex and age 2006-2018 (%borderline or abnormal score)



SALSUS 2018: Mental health and wellbeing trends summary



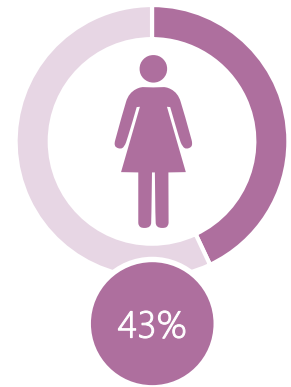
Overall SDQ score

In 2018 pupils were more likely to have a **borderline or abnormal SDQ score** than in previous years.

15 year old girls were **more likely to have a borderline or abnormal score** than 15 year old boys or 13 year olds.

13 year olds

15 year olds



WEMWBS scale

The average WEMWBS score has **decreased for all groups** (indicating worsening well being) between 2015 and 2018. The greatest change has been among 13 year old girls and 15 year old boys.

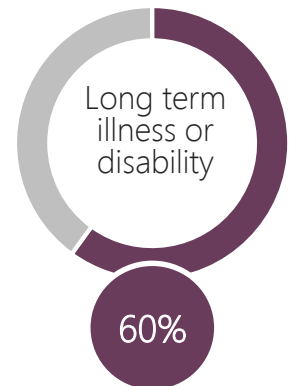
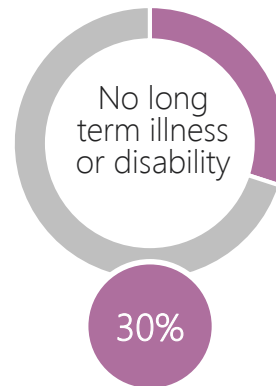
13 year olds

15 year olds



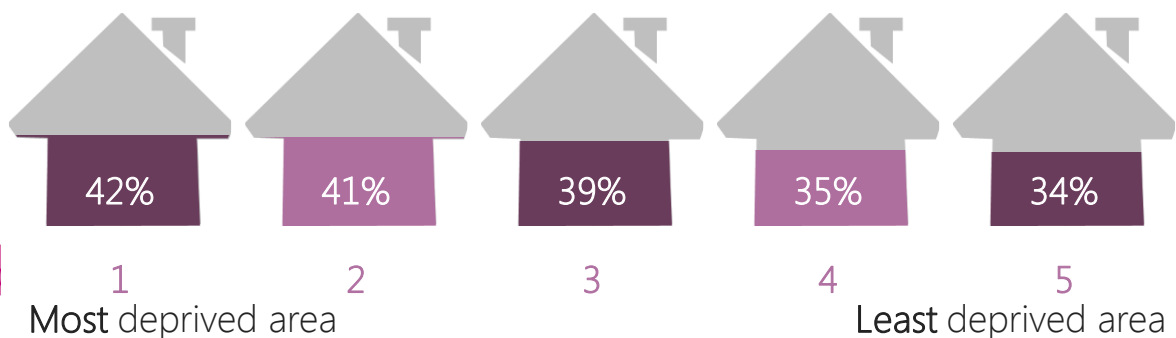
Long term illness or disability

Pupils who reported that they had a long term illness or disability **were twice as likely** as those who did not to have a borderline or abnormal overall SDQ score.



Mental health and deprivation

Pupils who live in the least deprived areas were less likely than those who live in the most deprived areas to have a borderline or abnormal SDQ score.



SALSUS 2018: Mental health and wellbeing trends summary



Number of close friends

As the number of friends a pupil had increased, so did the mean WEMWBS score.

Those with three or more friends had the highest average mental wellbeing.

Number of friends

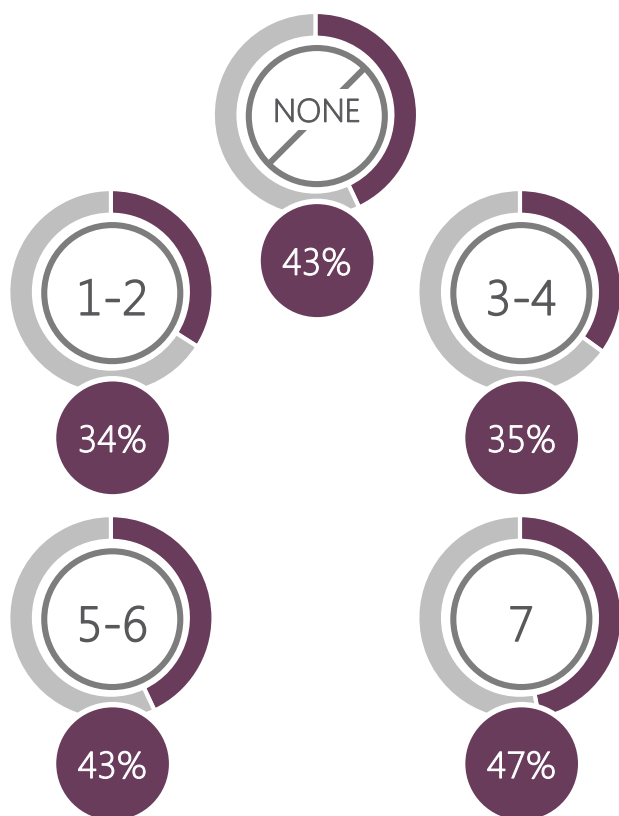


Evening spent out with friends



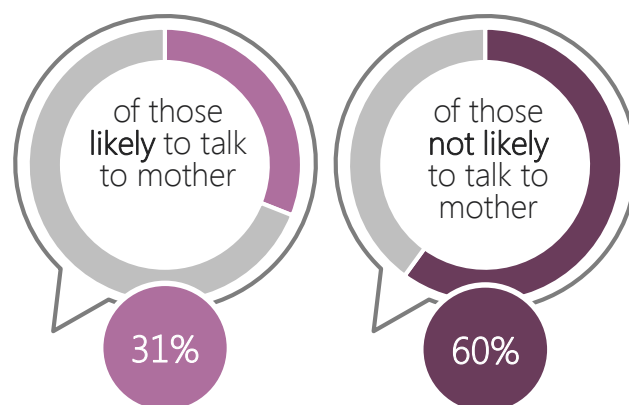
As the number of evenings out with friends increases so does the proportion of pupils with a borderline or abnormal overall SDQ score.

However, those that spent no evenings out with friends at all were more likely to have borderline or abnormal scores than those that spent a moderate number of evenings out a week.



Talking to mum

Pupils who were likely to talk to their mother about their worries were less likely to have a borderline or abnormal SDQ score.



School pressure

Pupils who felt pressured by schoolwork a lot of the time had the lowest mental wellbeing.



SALSUS 2018: Technical details

SURVEY BACKGROUND

The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) is a continuation of a long established series of national surveys focused primarily on smoking, drinking and drug use, but which also ask about other topics such as mental wellbeing, school, friendships and hobbies. Surveys were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored, biennial survey known as SALSUS. Data on mental health has been collected from 2006 onwards

SALSUS informs progress towards Scottish Government policies to reduce the harms from smoking, drinking and drug use among children and young people. In recent years, SALSUS has also become one of the main sources of mental health data among young people in Scotland.

METHODOLOGY

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In 2018 schools were encouraged to administer the survey online (but could administer it on paper if that was more feasible).

All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools. A random, nationally representative sample of S2 and S4 pupils was drawn, with classes as the primary sampling unit. (For the purposes of reporting S2 pupils are referred to as "13 year olds" and S4 pupils are referred to as "15 year olds").

Fieldwork was completed between October 2018 and April 2019. The overall response rate was 52% (excludes schools who took part in the Realigning Children's Services Survey and Glasgow state schools). A total of 12,558 pupils in S2 and 10,807 pupils in S4 responded.

Results reported are statistically significant at a 95% significance level.

Data was weighted by local authority, age, sex, school sector (state/independent), school denomination and by urban/rural classification.

Data on mental health and wellbeing is based on two main variables: scores on the Strengths and Difficulties Questionnaire (SDQ), which measures emotional and behaviour problems, and the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).

FURTHER INFORMATION

More information on survey methodology can be found in the technical report available at: <https://www.gov.scot/publications/scottish-schools-adolescent-lifestyle-substance-use-survey-salsus-technical-report-2018/>

The full 2018 SALSUS Mental Wellbeing Report is available at: <https://www.gov.scot/ISBN/978-1-83960-841-4>

CONTACT DETAILS

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